

# LIFE IN A CHAIR

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Hey there! My name is Lauren Compere, and I am a quadriplegic who lives life in a power wheelchair. I was raised to never quit, never give up, and never say I could not do something.

I am well aware that I am not "normal." Am I okay with this? Absolutely! Over the years, God has taught me about my value as His daughter. My identity is independent of others' comfort level of my wheelchair and their acceptance of me.

I have realized that my confidence, passion for life, love for people, and "crippled jokes" break down barriers between the world and me. I know that no matter the circumstances, I have been created by God for tasks much greater than myself. That is why I am now working toward becoming a licensed professional counselor.

Despite my diagnosis, I believe that God can heal me. He allowed, not caused, my disability for His glory, and I have a platform to inspire and encourage others because of it. I have used my gifts up to this point to earn a Bachelor's of Science degree in Psychology from Mississippi College in 2015, win Ms. Wheelchair Mississippi the same year, and then become the Ms. Wheelchair America 2016 1st Alternate.

In 2017, I helped found One Shred of Hope, a non-profit organization for individuals with disabilities, of which I am now the Development Director. My wheelchair has allowed me the opportunity to impact more lives than I ever would have if I could walk. Until God heals me, I will use my wheelchair to change the world!



## CONTACT INFORMATION

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## SOCIAL MEDIA

Instagram/Twitter: @laurencompere

Facebook/LinkedIn: Lauren Compere



## WEBSITE

[TeamLC.net](http://TeamLC.net)



*Lauren  
Compere*

# Team LC

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Lauren Compere's  
Personal Care Assistants

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[Team LC.net](http://TeamLC.net)

## MEET THE STAFF

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“I’ve loved how individualized my projects have been. I’ve been able to grow my medical terminology and skillset so I have a running start as I head into med school.”

Jasmine S. Calisette

“Working for Lauren has been good for me because I have a boss and superiors I can trust, who have been unbelievably gracious, kind, and flexible.”

Whitney Miller

“Lauren has been amazing to work for. Team LC has provided me with hands on experience that can prepare me for a multitude of situations I may encounter in the future.”

Reed Vincent



## TEAM LC

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Team LC is Lauren’s group of Personal Care Assistants (staff, interns, & volunteers) who act as her hands and feet. She depends on her team and her family for almost everything. The quality and presence of caregivers directly affects her quality of life. Because of this, it is very important for Lauren to have dedicated, conscientious, efficient, dependable and personable individuals on Team LC.

The Mississippi Department of Rehabilitation Services (MDRS) is a state run organization of which Lauren is a client. It is through MDRS that her Personal Care Assistants are paid \$10.50 per hour. Full time Team LC staff members can earn up to \$15.25 per hour.

## JOB RESPONSIBILITIES

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Personal Care Tasks such as:

- ◆ Driving van
- ◆ Transfers/Hoyer lift, positioning
- ◆ Assisting with bathroom needs
- ◆ Assisting with feeding & hydration
- ◆ Showering, dressing, & assisting with hair and makeup
- ◆ Oral care & skin care
- ◆ Assisting with medical needs

Clerical Tasks such as:

- ◆ Interfacing with social media
- ◆ Checking & updating calendar
- ◆ Managing correspondence
- ◆ Filling out forms & applications
- ◆ Organizing files
- ◆ Scheduling appointments

Domestic tasks such as:

- ◆ Changing laundry & linen
- ◆ Removing trash
- ◆ Organizing & cleaning home and van
- ◆ Cooking & baking

Visit [TeamLC.net](http://TeamLC.net) for a more detailed list.

This list of tasks is not exhaustive. These and other tasks may be required as determined by needs and circumstances.

